

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

Visit us at www.fns.usda.gov/fdd

A082 – BEANS, CANNED, BABY LIMA, DRY, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry baby lima beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz lima beans in liquid. One #10 can AP yields about 10$\frac{2}{3}$ cups heated, drained lima beans and provides about 42.8 $\frac{1}{4}$-cup servings heated, drained lima beans OR 21.4 $\frac{1}{2}$-cup servings heated, drained lima beans OR yields 71.5 oz (about 11$\frac{7}{8}$ cups) drained, unheated lima beans and provides about 47.4 $\frac{1}{4}$-cup servings drained, unheated lima beans OR 23.7 $\frac{1}{2}$-cup servings drained, unheated beans. CN Crediting: $\frac{1}{4}$ cup drained lima beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained lima beans (heated or unheated) provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned lima beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Baby lima beans, canned, solids and liquids

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (124 g)
Calories	44	88
Protein	2.52 g	5.05 g
Carbohydrate	8.26 g	16.53 g
Dietary Fiber	2.2 g	4.5 g
Sugars	N/A	N/A
Total Fat	0.18 g	0.36 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.00 mg	2.00 mg
Calcium	17 mg	35 mg
Sodium	156 mg	312 mg
Magnesium	21 mg	42 mg
Potassium	177 mg	353 mg
Vitamin A	93 IU	186 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	4.5 mg	9.1 mg
Vitamin E	N/A	N/A

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none"> • Use lima beans in soups, salads, and entrees, or serve as a vegetable. Canned limas are ready for immediate use. Canned lima beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. • Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. • NEVER USE foods from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.